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NICOLAUS CZARNECKI/METRO

Shaken

Many Hub buildings evacuated after tremors from Virginia earthquake rattle high-rises ◐ No injuries or structural damage, but it was scary nonetheless {page 02}

▶ Evacuees and onlookers surrounded 111 Devonshire St. after reports that the quake caused the building to shift so much it was leaning on a neighboring building. It turns out the structures were built that way, just three-eighths of an inch apart.

Sports

Nobody worries these Pats

◐ Locker room culture keeps 'character' issues at bay
◐ The golden rule at Gillette: Leave it at home {page 18}

A split for Mr. and Mrs. Smith?

Will and Jada insist that breakup rumors are just that, rumors {page 08}

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Shaken and stirred by rare earthquake

Buildings evacuated during brief tremblor ◗ No damage to city structures discovered ◗ Boston workers react to moving high-rises

Office buildings in downtown Boston were evacuated and emergency response teams raced to answer a high volume of 911 calls as a result of tremors felt locally from a 5.8-magnitude earthquake in Virginia.

"It felt like I was on a boat," said Kristin, 26, who was in the Boston Harbor Hotel during the earthquake. "I'm from California, so I recognized the feeling right away."

But she said people in her office didn't know what was going on.

Andy Brunner, 27, who is completing his residency at Mass General Hospital, was on the train from Providence when it happened.

"It's not a good city to have a big earthquake in, but I think we can handle the little ripples," he said.

Although no structural damage was discovered, gawkers flooded Devonshire Street after reports that a building had shifted.

But the Moors and Cabot building, rumored to have been damaged, has always been very close to its neighboring Brown Brothers Harriman building, according to city and fire officials.

"Nothing actually happened," said 111 Devonshire building manager Garry Morris. "People thought the buildings were touching because of the quake, and that they shifted."

He said the 11-story building built in 1911 and its neighbor have always had a mere three-eighths of an inch gap between them.

STEVE ANNEAR
steve.annear@metro.us

Ramifications

- In Washington, the White House, Union Station and congressional buildings were evacuated.

GETTY IMAGES

- The tip of a spire crashed onto the steps at the National Cathedral.
- Two power plants in North Anna, Va., shut down automatically when the ground began shaking.

NICOLAUS CZARNECKI/METRO

▶ Buildings throughout Boston were evacuated during the earthquake. A building at 111 Devonshire St. was inspected after reports it was damaged during the quake.

Biggest quake in 100 years

The shaking felt across the East Coast yesterday was from one of the most significant earthquakes of the last century, seismologists said.

"It's one of the most significant one's we've had on the East Coast for probably the last 100 years," said Dr. Michael Hagerty, a manger at the Boston College's Weston Observatory.

Boston and other areas far from the epicenter were able to feel the quake because seismic waves travel efficiently on the East Coast because the Earth's crust is cooler and older, Hagerty said.

Hagerty said that depending on how deep the quake occurs, the damage can vary. However, he added that the coast "dodged a bullet" with no significant damage reports.

The last earthquake in southern New England was a 1.7 magnitude that hit in June, five miles east of Hartford. METRO/MN

In quake, beware old buildings

While building codes require buildings of a certain size to be constructed to withstand seismic activity, Boston's historic brownstones could crumble.

"Beacon Hill, the Back Bay or the South End; if the intensity of what happened in Virginia were to occur here, I would expect significant damage in those buildings," said Kenneth Kruger, a structural engineer and owner of the Cambridge firm Kruger Kruger Albenberg.

He said the concern with earthquake damage is primarily with masonry buildings due to the materials with which they are built. While wood-frame buildings may significantly sway, Kruger said they have more give. METRO/MN

NICOLAUS CZARNECKI/METRO

▶ An officer blocks a street.

What to do if you're in a high-rise

NEW YORK. What to do if you're in a high-rise and an earthquake hits?

"I would get under a desk so things don't fall on you," said Larry Brown, a Cornell University seismology professor. "Book cases, falling lamps, get away from those things."

As far as fleeing the building itself, in a serious quake you likely won't have time to get outside, said Brown, especially if you're high up.

"You obviously don't want to get in the elevator but it may not be a bad idea to go down the stairwell because stairwells are reinforced," he said. "In an urban environment, you are actually safer inside than out because of falling glass." METRO/CB

In the news

10

Logan Airport remained open after engineers scoured the grounds and found nothing unusual on the airfield. A Logan representative said eight international flights and two domestic flights were diverted to Logan because other airports in the region were closed following the quake. METRO

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▶ Boston Mayor Thomas Menino speaks near a newly unveiled version of the Clear Channel outdoor billboard that will be displayed throughout the city urging youth not to drink.

City introduces campaign to curb underage drinking

City officials yesterday kicked off a campaign timed with the start of the school year to curb underage drinking. But college students don't expect the advertising blitz to have much impact.

"Students are going to do what they're going to do," said Mike, a New York college student visiting Northeastern University yesterday afternoon. Mike, 20, did not want to provide his last name. He said his primary source of alcohol was attending house parties.

The "We Don't Serve Teens" campaign will consist of billboard messages and advertisements reminding establishments and students that legal drinking age is 21.

50
The number of outdoor billboards that will go on display in "targeted Boston neighborhoods."

GOT AN OPINION?
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WWW.METRO.US/BOS

Various local college and university leaders attended yesterday's announcement of the campaign to provide support. City leaders said the institutions play a vital role in helping to curb underage drinking.

However some students think the message could backfire.

"When people tell you you can't do anything, you have more excitement to do it," said Josman Ibarra, a 23-year-old Northeastern student.

MICHAEL NAUGHTON
michael.naughton@metro.us

Police arrest man in stabbing

BOSTON. Boston Police arrested a 24-year-old Dorchester man for allegedly stabbing another man early yesterday morning.

Lester James was arrested yesterday afternoon and will be arraigned today for the murder of the 23-year-old man, police said.

Officers responded to the stabbing on Sumner Street in Dorchester just after midnight.

About three hours before the fatal stabbing, police were on the scene of a double shooting in Roxbury.

Two men in their 20s were found shot multiple times and one died.

Anyone with information can call 617-343-4470. METRO

Bets placed on gambling

BOSTON. House and Senate leaders yesterday embraced an expanded gaming bill that would license three resort-style casinos in three regions and one slot facility bid competitively, in a proposal that closely resembles the plan Gov. Deval Patrick agreed to last year before gambling talks collapsed.

The committee has been asked to vote on the bill by Friday. SHNS

Rebels celebrate but Gaddafi still defiant

Libyan rebels sacked Muammar Gaddafi's Tripoli bastion, seizing weapons and smashing symbols of a 42-year dictatorship whose demise will transform Libya and send a warning to other Arab autocrats facing popular uprisings.

Gaddafi said his withdrawal from his Bab al-Aziziya headquarters in the heart of the capital was a tactical move after it had been hit by 64 NATO air strikes and he vowed "martyrdom" or victory in his fight against the alliance.

As night fell yesterday after a day in which rebels overran Tripoli, meeting little resistance with few casualties, heavy fighting was reported in a southern desert city, Sabha, that rebels forecast would be Gaddafi loyalists' last redoubt.

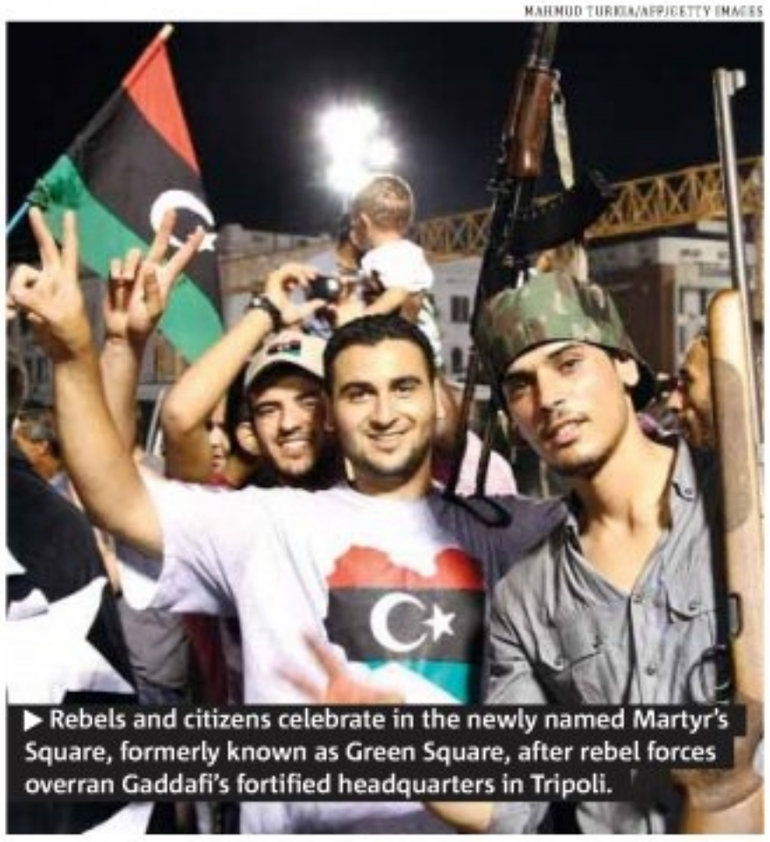
Forces loyal to Gaddafi were shelling the towns of Zuara and Ajelat west of Tripoli, Al-Arabiya television reported.

In Tripoli itself, Reuters correspondents said there still appeared to be some hostile fire around the city center as darkness descended and looting broke out.

Al-Arabiya quoted a witness as saying that loyalist forces had fired dozens of Grad missiles at the city.

The continued shooting suggested the six-month popular insurgency against Gaddafi had not completely triumphed yet. REUTERS

MAHMUD TURKIA/AFP/GETTY IMAGES



▶ Rebels and citizens celebrate in the newly named Martyr's Square, formerly known as Green Square, after rebel forces overran Gaddafi's fortified headquarters in Tripoli.

Saif's act didn't slow the rebels

DOHA. Muammar Gaddafi's son Saif al-Islam tried, but failed, to undermine rebel morale with his dramatic reappearance in the Libyan capital after being reported captured, a rebel council leader said yesterday.

Surrounded by cheering, gun-toting supporters, Saif appeared on the world's airwaves being interviewed by Western media near a government-controlled Tripoli hotel — proving wrong rebel reports that he had been detained.

Gaddafi's heir apparent, wanted on charges of crimes against humanity, was probably trying to capitalize on the rebels' gaffe in falsely reporting his capture. REUTERS

Chavez: Gaddafi still leader

CARACAS. Venezuelan President Hugo Chavez said yesterday he will only recognize a Libyan government led by his friend and ally Muammar Gaddafi and accused the United States of inciting the country's civil war.

Chavez, who has been the most vocal world leader to support Gaddafi, accused Western powers of riding roughshod over international law by backing Libya's rebels in their revolt. REUTERS

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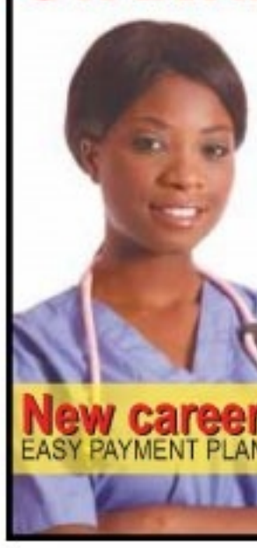

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money

Comeback for the Camry?

TOKYO. Toyota Motor Corp. aims to rebound from three years of crisis with a new Camry, the top-selling U.S. car, as it speeds up factory lines slowed by an earthquake to regain sales lost to Hyundai Motor Co. and other carmakers.

The 2012, Camry has the best safety, handling and fuel economy among U.S. midsize sedans. The hybrid version averages 41 miles per gallon of gasoline — a 24 percent increase, said Bob Carter, group vice president of U.S. sales. Production starts today at Toyota's plant in Georgetown, Ky.

Guess who's back?

BLOOMBERG

New home sales sink

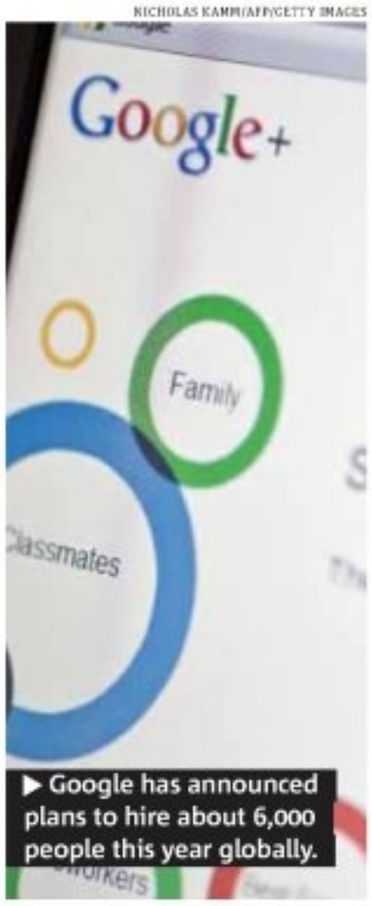
WASHINGTON. Sales of new U.S. homes declined more than projected in July to the lowest level in five months, indicating that the industry is struggling to stabilize two years into the economic recovery.

Purchases fell 0.7 percent to a 298,000 annual pace after a 300,000 rate in June that was slower than previously estimated, figures from the Commerce Department showed yesterday in Washington. The median projection in a Bloomberg News survey of economists called for a 310,000 rate in July.

BLOOMBERG

Saving Facebook: The social netwar

NICHOLAS KAMM/AFP/GETTY IMAGES



▶ Google has announced plans to hire about 6,000 people this year globally.

◗ Strategy is acquisitions, mobile as network hub plans to thwart its rivals ◗ Google threat sparks action

Facebook, the world's largest social network, is planning acquisitions that will improve site design, keep service reliable and advance mobile features to stave off competition from Google and Twitter.

The company aims to make about 20 purchases in 2011, up from 10 last year and one in 2009, Vaughan Smith, Facebook's director of corporate development, said in an interview.

Facebook is betting that a focus on design will entice people to spend more time on the site, while adding mobile services that can cater to the growing number using handheld devices. As it grapples with competition from Google and Twitter, Facebook also must bolster its system so the site runs smoothly amid rapid growth. The company has made 13 acquisitions so far this year, including adding a mobile group-messaging service it rolled out to users this month.

29M

Web search leader Google launched social-networking service Google+ in June. It has already attracted 29 million people by the end of July, according to ComScore Inc.

Facebook makes money from advertising and by taking a commission when software developers sell virtual goods on the site. As a closely held company, Facebook doesn't disclose financials. A person with knowledge of the matter said in May that the company is likely to generate more than $2 billion in earnings before interest, taxes, depreciation and amortization this year.

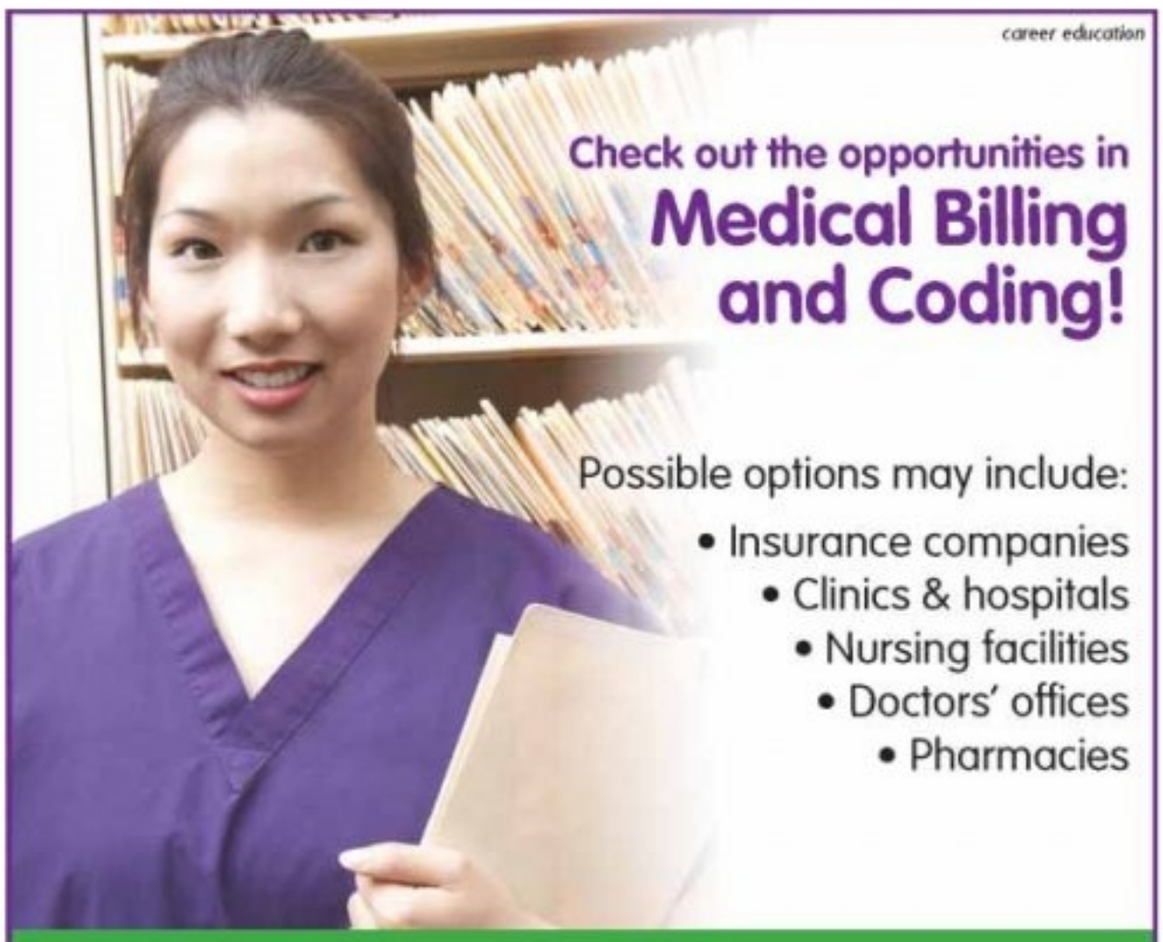
BLOOMBERG

The cost of growth

As new features pile up, Facebook needs to manage its user-interface design, said Josh Bernoff, analyst with Forrester Research.

"The challenge is that Facebook does a lot more things than it used to," he said. "To get that all to be easily navigable is not simple."

career education



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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Kristen Bell is getting a kick out of flying, Jamie Kennedy is sharing his wisdom, Kirstie Alley is not a fan of remakes and Conan O'Brien knows what he likes.

▶ **@IMKristenBell**
The stewardess just included calculators in her list of devices that must be powered down for take off. And she said it in all sincerity.

▶ **@JamieKennedy**
If you see a ruler in a gas station bathroom ... don't touch it.

▶ **@kirstiealley**
The day some studio decides to remake To Kill A Mockingbird ..imma kill all the mocking birds on earth. Thatll show em....er..that I'm nuts

▶ **@ConanOBrien**
I like my women the way I like my coffee. Yup, I like blonde slutty coffee with low self esteem.

Will and Jada: Still just the two of them

If you are to believe In Touch Weekly (and that's a big "if"), **Will Smith**, 42, and wife **Jada Pinkett Smith**, 39, are separating. However, the tabloid's website doesn't offer much verification for the. Their brief write-up only states:

"After 13 years of marriage, Will Smith and Jada Pinkett Smith have decided to separate, an insider tells In Touch Weekly exclusively. ... For more on this breaking news story, pick up this week's issue of In Touch Weekly."

A ploy to sell copies of the magazine? Totally! After day-long speculation by many media outlets, the famous couple sent out this joint statement: "Although we are reluctant to respond to these types of press reports, the rumors circulating about our relationship are completely false. We are still together."

ALL PHOTOS GETTY IMAGES

▶ Don't believe the hype: The Smith family is still together.

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DOROTHY ROBINSON'S WORD BLOG

The pair, long considered one of Hollywood's most successful couples, have two children together, **Jaden**, 13, and **Willow**, 10. Smith has an 18-year-old son, **Willard Christopher Smith**, known as Trey, with his first wife. Trey took to Twitter to shut down the rumors. "#WillandJada split? No they did NOT split! False information ... its not true RETWEET!!!"

As this is not on Twitter, feel free to cut out this article and distribute at will to strangers.

A cruise with bite

Here's something only the most hardcore "Twilight" or "True Blood" fans would sign up for — the recently announced Alaskan cruise Vamps at Sea: A Vampire Convention at Sea. Per the press release, the cruise will be a way for vampire aficionados to meet special guests, including "Dracula The Undead" author Dacre Stoker — the great-grand-nephew of "Dracula" author Bram Stoker. Activities include a Vampire Ball, costume contest and auction for charity (proceeds going to the Blood Donor division of the American Red Cross).

Shore excursions apparently include zip-lining, duty-free shopping and sucking on virgins.

Talking points

No guest role for Richards

Denise Richards reportedly turned down a guest-starring role on the season premiere of "Two and a Half Men," the show from which her ex-husband, **Charlie Sheen**, was fired, according to TMZ. Sources close to the show say producers wanted Richards to appear alongside new series star **Ashton Kutcher**, but Richards told them she wouldn't do it, as "she would never hear the end of it from Charlie."

▶ Denise Richards

Beckham is still in flats

Victoria Beckham is recovering from a slipped disc in her back, and appeared in public for the first time since the problem developed — and she wasn't wearing her trademark high heels, according to Us Weekly. It's been speculated that the slipped disc was caused at least in part by Beckham's insistence to wear stilettos during her recent pregnancy. "Thank you for your kind messages," Beckham posted on Twitter recently. "I'm feeling much better and enjoying every precious minute with baby Harper. I'm so in love."

Why don't you want Pitt's property?

Brad Pitt is looking to unload his four-bedroom, 4,000-square-foot Malibu estate, according to Hollyscoop. The home boasts a massive kitchen, three fireplaces and a tennis court, as well as steps down to a private beach. The property was recently approved to have an additional floor built on as well. Pitt is asking $13.75 million for the property.

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Strutting their stuff for the red carpets from coast to coast

1: Kelly and Sharon Osbourne attended the screening of "God Bless Ozzy Osbourne" to benefit the Musicares Map Fund on Monday in Hollywood. One notable exception to the red carpet? Ozzy himself. No reason was given for his no-show.

2: Taylor Lautner saw his name in lights at the "Abduction" Sydney premiere at Hoyts Cinemas on Tuesday in Australia.

3: Zoe Saldana attended the Miami Red Carpet Screening of TriStar Pictures' "Colombiana" at Regal South Beach in Miami on Monday .

4: Singers Jessica Jarrell (left) and Cody Simpson appeared during a performance and fashion show for Pastry Shoes at the Fashion Show mall on Monday in Las Vegas.

5: Helen Mirren attended a screening of her new film "The Debt" at the Tribeca Grand Hotel screening room on Monday in New York

6: Anne Hathaway dazzled in white at the European premiere of "One Day" at The Vue Westfield on Tuesday in London.

1: JASON MERRITT/GETTY IMAGES
2: MARK METCALFE/GETTY IMAGES
3: GUSTAVO CABALLERO/ GETTY IMAGES FOR COLUMBIA PICTURES
4: ETHAN MILLER/GETTY IMAGES
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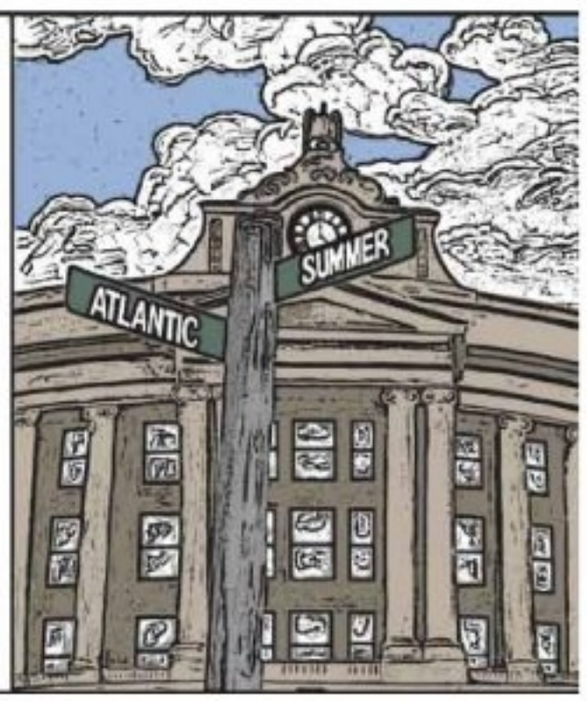

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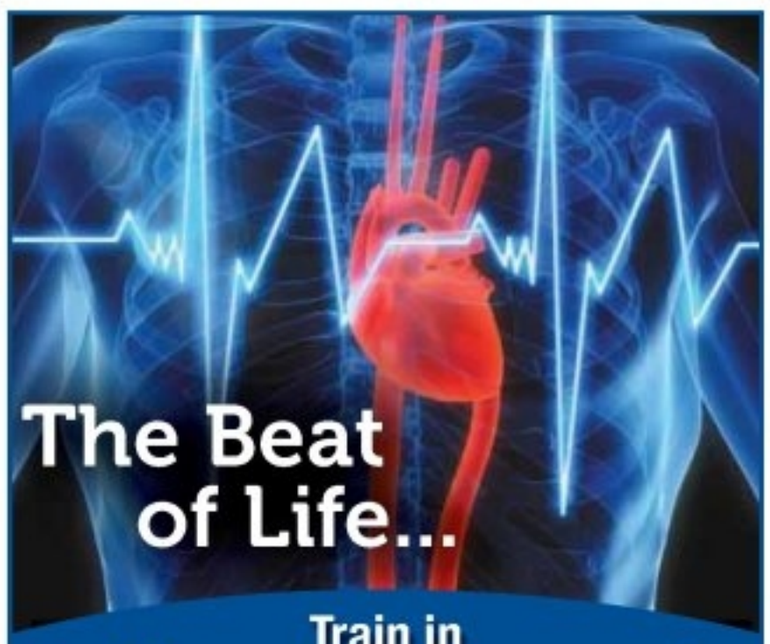

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myentertainment

Watching the Wax Museum come to life

- The Boston band are at 'an exciting turning point'
- With 'Everything Is Saved,' everyone is singing along

SUZ SLEZAK

▶ Wax, left, and Slezak, with the quijada. David Wax Museum perform a sold-out show tonight at the Museum of Fine Arts.

David Wax Museum are in that beautifully hectic state of incline where they say yes to almost everything that comes their way, and it seems they're fulfilling the title of their most recent album, "Everything Is Saved."

"For many years we were booking all the shows ourselves," says frontman David Wax. "I think that now opportunities are coming knocking and it's just too hard to turn them down."

His partner in song, Suz Slezak, says it's been refreshing to transition from being an opening band that people happen to catch to a band that audiences get there on time to see.

"It's really a new realm to be able to go to a brand new city and have people singing along to our songs," she says. "Because they've heard the music, bought the record, watched our YouTube clips and are at the show for the first time. That did not use to happen. So that's an exciting turning point."

The band began in Boston in 2007, shortly after Wax had returned from the Mexican countryside, where he had begun a yearlong musical fellowship. What he brought back with him were deeper understandings of and love for the rhythms and instruments of that area. His enthusiasm was so contagious that when he recruited Slezak, who primarily played fiddle, he convinced her to invest in an instrument called a quijada, which is an actual donkey jawbone.

PAT HEALY
pat.healy@metro.us

Singing a Picasso

Wax takes a learned approach to songwriting that straddles Mexican and American cultures. Lyrically, he doesn't always draw from his own experience though.

The infectious "Born with a Broken Heart," which is one of the songs that gets the crowd singing along in a celebratory fervor, comes from a concept that Wax read about in a Saul Bellow book.

"I think that the song can sometimes be more honest and have some deeper kernel of truth if you're able to take yourself out of it," he says. "You see a painting of something and it looks exactly like a photograph of the thing, but then you see a painting of something and it's all distorted, an Impressionist or Picasso version – something about that captures the truth of what you're looking at in a different way that you couldn't capture if you drew it just like a photograph."

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Why you should hit the farmers market

All the cool kids are doing it, and for good reason: The food there is more nutritious What's in season

If there's one thing that Chris Leahy looks forward to, it's shopping at New York City's Union Square Greenmarket. "Nothing beats walking in and seeing the first strawberries of the season or all the corn or tomatoes," the executive chef at Manhattan restaurant Lyon enthuses. For him, fresh, locally farmed produce has the best flavor. "It's been fully ripened naturally, and some of it is even picked that morning. You can taste it in the produce." Leahy also feels more connected to food that he doesn't have to unwrap from plastic and, though he's no nutritionist, he suspects that farmers market produce is healthier than that in the supermarket. "I know that the fresher the product, the higher the level of vitamins," he says.

Your shopping list

Tsang's recommendations:

- **Buy now:** summer berries and fresh herbs (freeze some for winter)
- **For fall:** beets, broccoli, cranberries, pumpkins, squashes

Leahy's recommendations:

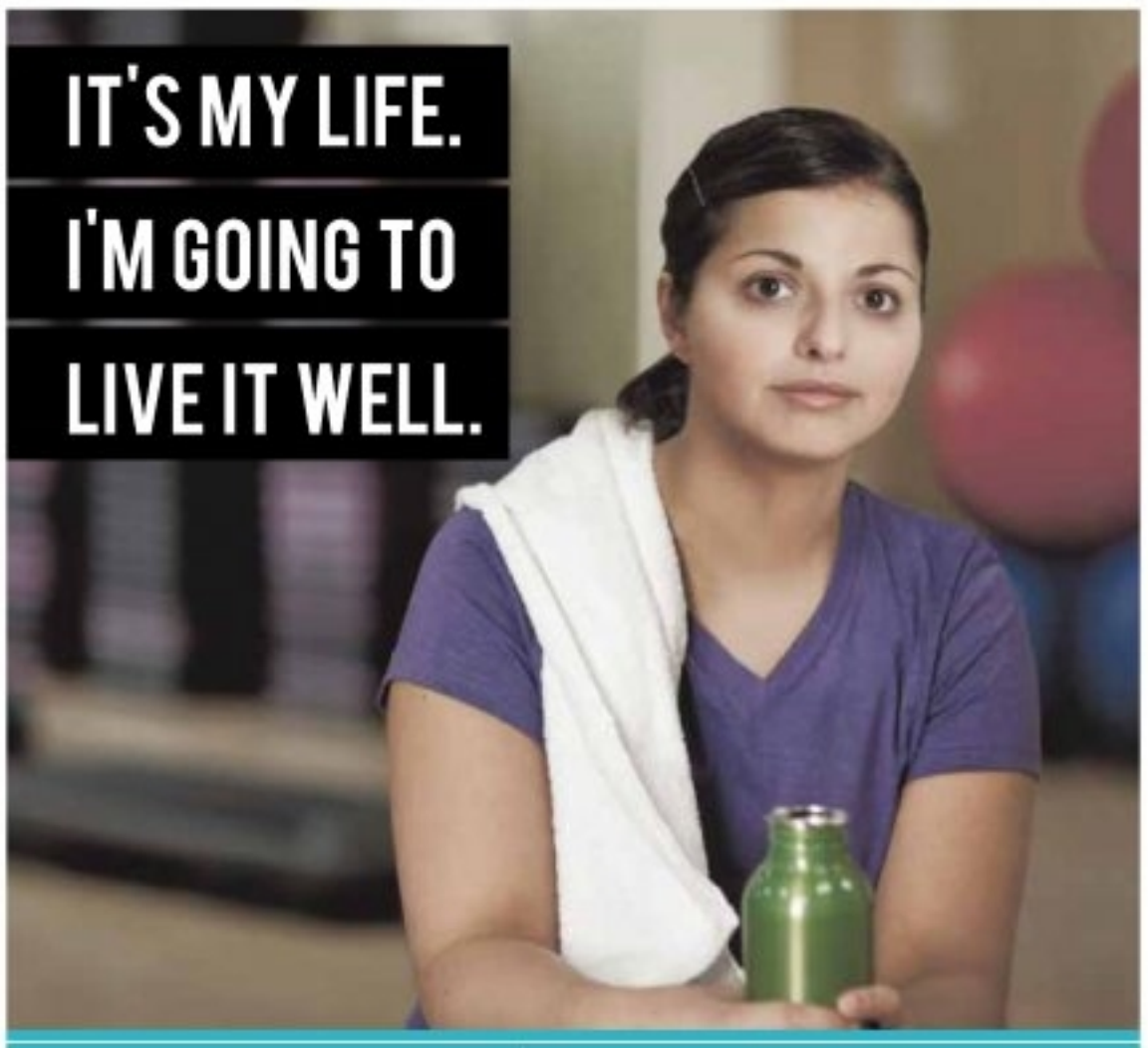
- **Buy now:** corn, heirloom tomatoes (like Brandywine, chocolate and cherry), items to pickle like Kirby cucumbers and onions
- **For fall:** apples, quince, Concord grapes, butternut squash

Dietitian Gloria Tsang, founder of nutritionist network HealthCastle.com and author of "Go UnDiet," says he's right. "Think about how it grows on a vine or plant. How do the vegetables and fruits get nutrition? The longer it stays on the mother plant, the more vitamins it gains. If it's picked when the plant's fully ripened, it has more nutrition. With produce that's grown in [places like] South America, it's picked green and gassed later to ripen it. Then it sits in storage."

▶ You can't always get produce this super in the supermarket.

Storage adds further damage to fruit and vegetables. Once picked, exposure to light, air and heat means vitamins and minerals start to be destroyed, even at a farm stand. For optimum nutrition, Tsang says, "Shop early in the morning: There's less damage from sunlight and they have been handled less. Take cooler bags to transport goods. Also, ask [farmers] when the produce is picked and make sure they are certified local growers."

LINDA CLARKE
letters@metro.us



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Help Local Kids Start the School Year Right!

Cradles to Crayons (C2C) is an innovative Brighton-based nonprofit that provides Massachusetts children ages 0-12 living in homeless and low-income situations with the essentials they need to feel safe, warm, ready to learn, and valued. At the same time, they lay a foundation for lasting change by providing meaningful, tangible volunteer opportunities to thousands of families and individuals and hundreds of organizations each year.

C2C collects and distributes children's goods free of charge year-round, and also divides the year into seasonal initiatives. With the first day of school right around the corner, their Ready for School program has launched with a goal of getting 27,500 disadvantaged kids ready to learn from head to toe.

Ready for School

Cradles to Crayons' Ready for School program focuses on providing children in need with the critical items they require to start the school year off right – including backpacks, school supplies, clothing and more. Low-income families are constantly forced to choose between necessities – paying rent or buying shoes that fit their kids, buying food or buying pencils and notebooks for their child to take to school. The National Retail Federation reports that in 2010, parents in the US spent an average of $606.40 to get a child ready for school. With such expensive requirements in a slowly recovering economy, many families are unable to send their children to school ready to learn.

C2C creates separate backpacks for age groups 5-8 and 9-12, both of which are filled with all the new supplies a child requires for school, including pencils, notebooks, and other age-appropriate items. The backpacks are filled at C2C's annual Backpack-A-Thon event on Boston's City Hall Plaza. C2C is working with their partner agencies and local schools to distribute the 27,500 backpacks filled at this year's event to underprivileged kids before the school year begins

One of C2C's social service partners says that after receiving a backpack from C2C for several years, an 11 year old girl in her program "always takes pride in having all the necessary school supplies. The backpacks at the start of the school year allow her to consistently have the items she needs for school without worry. She has begun to start school with a feeling of confidence. Furthermore, not having to pay for school supplies, her mother can now afford to buy a school uniform for her daughter." By providing disadvantaged children with the items they need, C2C improves their self-esteem. Starting off the school year with a new backpack and set of supplies will help local kids fit in with their friends and feel excited about going to school and learning.

How You Can Help

Cradles to Crayons relies on three forms of support from individuals, families, and corporations:

- Host a product drive in your town, school, or office;
- Donate children's products;
- Make a financial contribution;
- Text CRADLES to 20222 to donate $10 to C2C.

A one-time donation of $10 will be added to your bill/deducted from your prepaid balance. Msg & Data Rates May Apply. Donations collected for "Cradles to Crayons" by Mobile Giving Foundation; subject to terms found at www.hmgf.org/t. Unsubscribe by replying STOP to "20222"; Reply HELP to "20222" for help.

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A New Year at Regis College

Happy New Year! – Academic year that is! Fall means a new school year - new shoes, new books, and new opportunities.

Regis College welcomes this academic year with new Graduate programs, a new professional baccalaureate program and a new certificate, all designed with the flexibility working adults need to invest in their future.

New Masters Degrees:

Regis is your source for Graduate Healthcare Educations. In addition to Nursing, Health Administration, and Regulatory and Clinical Research Management degrees, Regis is now offering a **Master of Science in Biomedical Sciences**. This program prepares students to work in biomedical research and development. The curriculum includes interdisciplinary coursework in the basic sciences that are foundational to biomedical research as well as courses designed to enhance the understanding of management, business, clinical trial design, public health and communication. All students participate in a field experience in biomedical research which allows them to demonstrate their skills while giving them real-world experience in the workplace. This part-time program offers courses year round and can be completed in about 28 months.

A healthcare career is not for everyone. Regis recognizes this fact and in now offering a **Master of Arts in Heritage Studies for the Global Society.** In an increasingly complex world there is a great need for professionals trained to interpret history, sociology, and anthropology to build a better understanding of cultures in our society. The rigorous curriculum in this program develops skills and builds experiences for students to either gain or enhance professional employment in a variety of areas including museums and archival setting, education, historic preservation, community organization and the non-profit sector. This program is also a tool to prepare students for continued studies in graduate or professional schools, or Ph.D. programs in one of our affiliated universities.

New Bachelors Degree:

For those with an associate degree or diploma in medical imaging who want to advance in that field Regis is offering a **Bachelor of Science in medical Imaging Degree Completion Program**. Full and part-time options are available for this program with weekend and evening course offerings to accommodate working adults.

New Certificate Program:

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Now is the time to explore new opportunities at Regis College. So brush off your school shoes and contact Regis. For more information please call 781-768-7330 or visit www.regiscollege.edu/grad. Attend our information session on October 1 at 9:30am.

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Summer foods that may fight cancer

Experts at Dana-Farber offer tips to fight cancer with your fork

Summer is the perfect time to pick up produce at the local farmer's market. Still dewy from the field, these just-picked fruits and vegetables are fresh and full of nutrients that may lower the risk of cancer, according to nutrition experts at Dana-Farber Cancer Institute in Boston.

Stephanie Meyers, RD, LDN, CNSD, a nutritionist at Dana-Farber, says it is important to think local when buying fruits and vegetables in the summer. "The average fruit and vegetable travels fifteen hundred miles to get to the supermarket," says Meyers. "So if you're buying produce that is grown practically in your own backyard, there's a much better chance of buying something that is at its peak nutritional value, which means it will have the most cancer fighting potential." The key, she says, is knowing what to look for.

Color Your World

"We know that the most effective way to fight cancer with nutrition is through a colorful plate," says Meyers. Why? Because the pigments that provide the fruit or vegetable with its rich color contain phytonutrients. These compounds help protect the plant and can be beneficial for humans. The thing to remember: the darker the color, the higher the cancer-fighting potential.

Some of Meyer's favorite summer foods include:

- Kale
- Broccoli
- Tomatoes
- Carrots
- Garlic
- Berries

"K"olorful Kale and its Cruciferous Cousins

"Kale is my top choice to buy at the farmer's market because it's rich in a phytonutrient called indoles, which stimulate liver detoxification and help fight cancer," says Meyers. Indoles are found in the rich, dark green color of kale. Other members of the cruciferous family include broccoli, cabbage and brussel sprouts. Meyers points out that people who have diets rich in these vegetables have been found to have lower incidences of lung cancer, prostate cancer and stomach cancer. Kale that is cooked by steaming also may have cholesterol-lowering benefits.

Tasty Tomatoes

There is nothing like a ripe tomato right off the vine. While tomatoes are available year round in the supermarket, Meyers says in the summer try to buy tomatoes locally at markets and farm stands, where they likely will be at their nutritional peak. "Tomatoes are a great summer food because they are rich in a phytonutrient called lycopene, which has been associated with a reduced risk of prostate cancer," explains Meyers.

A tip for getting the most nutritional value from tomatoes is to make them into a sauce. The lycopene is best absorbed when the tomato is cooked. So Meyers recommends loading up on tomatoes at the local market, cooking them into a sauce, and either canning or freezing it in order to enjoy the nutritional properties year round.

Orange Origins

Carrots are another great choice at the farmer's market because they are rich in a phytonutrient called carotenoids. "As little as two servings a day of carotenoids has been shown to reduce the risk of breast cancer and ovarian cancer," says Meyers.

What other foods are rich in carotenoid? Think orange.

- Sweet potatoes,
- squash, like acorn and butternut
- pumpkin in early fall

Meyers says that carotenoid in pill form does not have the same protective properties as carotenoids found in whole foods. In fact, that is true of many nutrients. To get the healthiest boost, Meyers says it is best to eat the food in its whole form.

Gorgeous Garlic

"Garlic is one of the things that people sometimes pass up at a local farmer's market but it's a wonderful opportunity to buy fresh local," advises Meyers. She points out that most of the garlic grown in the world is from China and with all the time needed to travel to the United States, the nutrients degrade rapidly. "So we really want people to minimize the time between the field and the plate to get the most anti-cancer benefit," stresses Meyers. In garlic it is a phytonutrient called allyl sulfides.

"B" is for Better Health through Berries

Berries in general are great. In the summer, look for strawberries, blueberries and raspberries. In the fall, cranberries have their highest nutritional value. The red or blue pigment of the berry itself contains powerful antioxidants known as anthocyanins. They protect the plant and in turn can protect humans – especially lowering risk for breast cancer survivors.

Meyers says eating local is one of the best nutritional things people can do to protect themselves. She says above all, eat as much color as possible, and as soon after harvest, to get the most anti-cancer benefit.

Dana-Farber Cancer Institute (www.dana-farber.org) is a principal teaching affiliate of the Harvard Medical School and is among the leading cancer research and care centers in the United States. It is a founding member of the Dana-Farber/Harvard Cancer Center (DF/HCC), designated a comprehensive cancer center by the National Cancer Institute

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Saturday 10	Mattapan Health Care Revival – River Street
Tuesday 13	Joseph Smith Community Health Center – Allston
Wednesday 14	Manet Community Health Center - Hull
Tuesday 15	South End Community Health Center
Saturday 18	Martha Eliot Health Fair
Tuesday 20	Bowdoin Street Health Center
Wednesday 21	The Dimock Center
Thursday 22	Roxbury Comprehensive
Tuesday 27	Harvard Street Neighborhood Health Center
Wednesday 28	Joseph Smith Community Health Center - Allston
Thursday 29	Mattapan Community Health Center

October 2011	Site
Wednesday 5	Joseph Smith Community Health Center - Waltham
Thursday 6	Neponset Health Center
Tuesday 11	Whittier Street Health Center
Thursday 13	Geiger Gibson Community Health Center
Tuesday 18	Bowdoin Street Health Center
Wednesday 19	Martha Eliot Health Center
Thursday 20	Cole Center - Natick
Friday 21	Fenway Health
Tuesday 25	Bowdoin Street Health Center
Wednesday 26	Joseph Smith Community Health Center - Allston
Thursday 27	Mattapan Community Health Center

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You're Probably A Candidate

The reality is that the majority of people who meet the age and general health requirements are in fact good candidates for the iLASIK procedure. There are some conditions that exclude certain patients, but whether you have nearsightedness, farsightedness or astigmatism, there's a good chance you can still have the iLASIK procedure.

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Presbyopia Correcting IOLs (Multifocal IOLs)

Presbyopia is a condition that most people over the age of 40 experience that results in difficulty seeing up close without the aid of bifocals, trifocals, or reading glasses. The age-related condition is believed to be caused by a hardening of the lens inside the eye, making it difficult for the eye's muscles to change its focus.

Over time, the lens becomes cloudy and develops into a cataract. It is said that, if we live long enough, we will all develop cataracts. The only way to treat cataracts is to remove and replace them with an Intraocular Lens (IOL).

Until recently, the primary option was to receive a "fixed focus" IOL. Patients who received this type of IOL typically had both eyes corrected for distance vision but usually still required glasses for intermediate and near vision.

If you are experiencing presbyopia or cataracts, you may be a candidate for one of the new technologically advanced IOLs that can provide a full range of vision. This means that you can read and see clearly in the distance and everything in-between, with little or no dependence on bifocals, trifocals, or contact lenses. It's almost like having a bifocal or progressive lens inside your eye.

Depending on the technological features of these IOLs, they may be described as "Accommodating IOLs", "Apodized-diffractive IOLs", or "Multifocal IOLs". Each of these lenses has some advantages and disadvantages. Which one is best for you depends on the unique characteristics of your eye as well as your lifestyle needs. You and your doctor will decide together which lens is more advantageous for you. New England Eye Center offers many premium lens options including Crystalens, ReStor, Toric and others.

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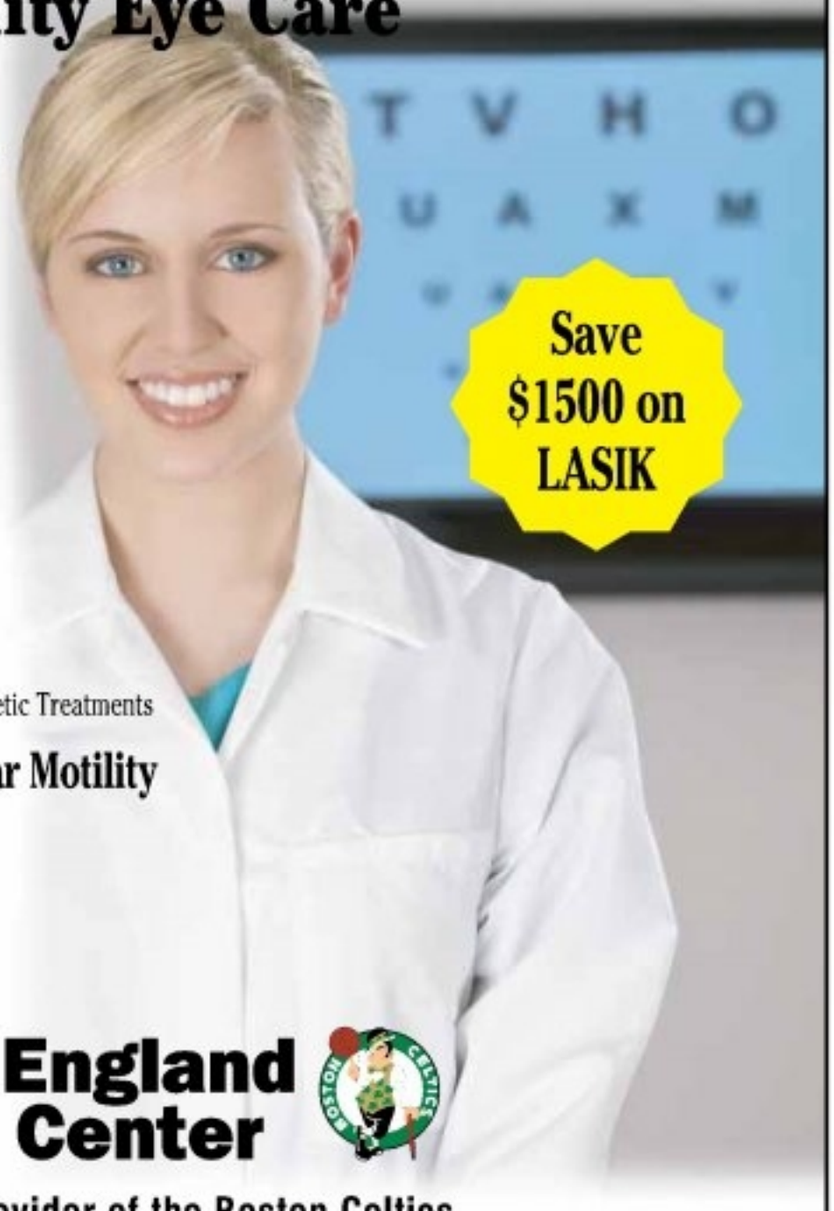

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Letters

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Justice failed women victims

The dropping of the attempted rape charges against Strauss-Khan is a tragedy to the entire justice system and sends the wrong message to rape victims everywhere. Regardless of this particular victim's past, it has nothing to do with the present and the crime that has been committed here.

JONATHAN PERRY, VIA E-MAIL

Some things never change

RE: "PLENTY TO JUDGE IN OBAMA REIGN": Ricardo Cummings said that nothing has changed since Bush messed things up. In 2008, America, Europe and Asia were all on the verge of financial collapse. In 2009, Obama changed that! I wish Republicans would stop rewriting history.

DANIEL CANTOR, VIA E-MAIL

Airlines treat us like animals

RE: "SOME ALLOWED TO PEE IN FLIGHT": This is an embarrassment to both the airline and the passenger. This man was not a terrorist threat, he was not drunk and disorderly. The cabin crew could have handled this situation humanely. Instead they forced the passenger to do something over which he had no control.

EDWARD JONES, VIA E-MAIL

Tea Party is the answer

With all the talk about how the Tea Party is our mortal enemy, I must remind the "American Idol" crowd that the reason we're so bankrupt is because it took too long to create the Tea Party. Who do you think brought us to where we are now? To paraphrase the Nazi Joseph Goebbels: If you tell a lie big enough and keep repeating it, people will eventually come to believe it; it thus becomes vitally important for the State to use all of its powers to repress dissent. Maybe that is why the press fear Palin, Bachmann and Ron Paul to such a hysterical degree!

JOSEPH DUPONT, VIA E-MAIL

Earthquake? That's rapture

With the bad economy in addition to the blizzards, heat waves, hurricane level winds and earthquakes we've experienced recently, that guy who predicted the Rapture doesn't seem that crazy anymore! Finally I can believe my girlfriend when she tells me the Earth moved!

DAVID DIBELLO, VIA E-MAIL

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Horoscope

♍ Virgo **Aug. 23-Sept. 22.** Because you can't change a sensitive friend into someone a bit tougher, remember to be tactful when around him or her. It'll be worth not having to cope with wounded feelings.

♎ Libra **Sept. 23-Oct. 23.** If you try to take all of the credit for something that you and several others played a role in accomplishing, don't expect your cohorts to have anything favorable to say about you.

♏ Scorpio **Oct. 24-Nov. 22.** Remember that your friends have a right to express their own opinions, even if their ideas are contrary to yours. They can think for themselves.

♐ Sagittarius **Nov. 23-Dec. 21.** Be both thoughtful and cautious in your financial dealings. Unless you take the time to think before you leap, you could make mistakes.

♑ Capricorn **Dec. 22-Jan. 19.** Do your best not to get tied down working with someone who can't understand the value of teamwork. The wrong partner could gum the works.

♒ Aquarius **Jan. 20-Feb. 19.** Duck! All those distasteful chores you've been shoving under the rug might get thrown at you. Organize your affairs so that you can do the most important jobs first.

♓ Pisces **Feb. 20-March 20.** Avoid groups or cliques that contain certain types who think they're better than everybody else. There are plenty of people out there who'll do their best to make you smile instead.

♈ Aries **March 21-April 19.** Allowing outsiders to get involved in your family affairs is asking for trouble. Restrict your communications to members of the clan only.

♉ Taurus **April 20-May 20.** There is a good chance you could let go and level a few choice words on someone who has been bugging you for far too long. The relief will be welcome, but the hurt may still linger.

♊ Gemini **May 21-June 20.** The best way to remain cautious with your financial affairs is not to go window-shopping. If you must head to market, stick to stores with necessities.

♋ Cancer **June 21-July 22.** If you and your special someone are not satisfied with the way the relationship is going, spend some time together sorting things out. Be willing to do your share and more, if necessary.

♌ Leo **July 23-Aug. 22.** If co-workers are making your day more difficult than need be, you should either speak up or be prepared to cover up their ineptness. Regardless of which you choose, be diplomatic about it.

BERNICE BEDE OSOL

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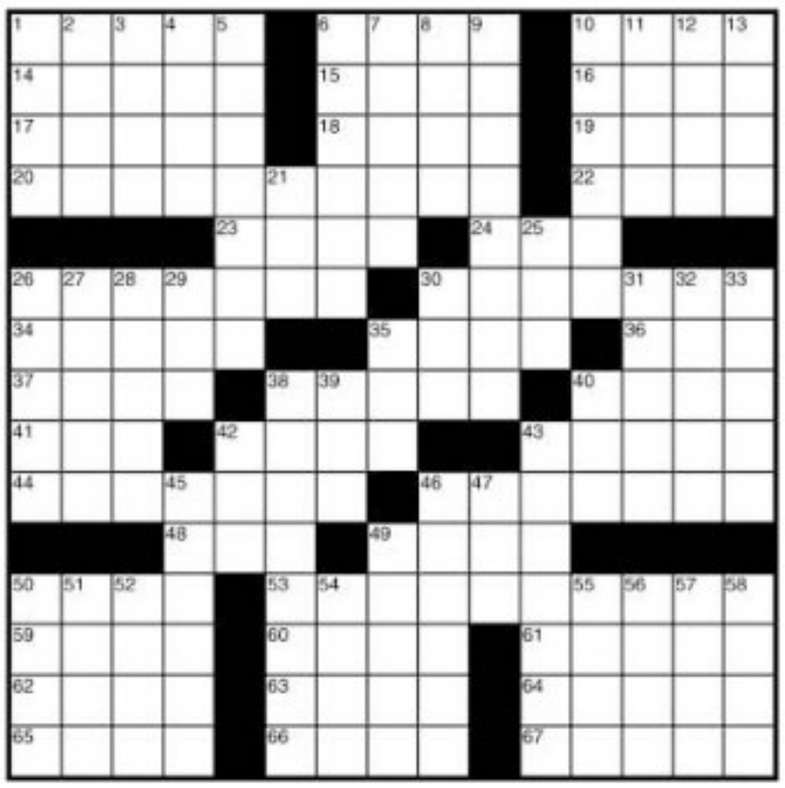
Across
1 Slogan
6 Keep from falling
10 Borodin prince
14 Kayak owner, maybe
15 Price increase
16 Ali __
17 Bias
18 Give the eye
19 Sweeping story
20 Entertainment place (2 wds.)
22 Awful smell
23 "__ Dick"
24 Moo goo __ pan
26 Waterfall
30 Energetic persons
34 Admitted (2 wds.)
35 Stalk prey
36 Pale blond
37 Yachting
38 Barely enough
40 Libretto feature
41 Caviar, actually
42 Lab compound
43 Thorny shrub
44 Brandy flavor
46 Sign
48 Easy toss
49 Kvetch
50 Watch part
53 Camper
59 __ spumante
60 "Bus Stop" author
61 Bete __
62 Vegas sight
63 Kassel's river
64 Poe's middle name
65 French Legion headgear
66 Bread grains
67 __ voce

Down
1 Raccoon face
2 Earthenware pot
3 Split apart
4 Albacore
5 Hassock
6 Moon, in poetry
7 Beatles' "Eleanor"
8 N. Mex. neighbor
9 Ibsen drama (2 wds.)
10 Spain and Portugal
11 Drop one's jaw
12 Stage award
13 Pool-hall frame
21 Down for the count
25 Colony member
26 Santa __, Calif.
27 Noted fabulist
28 Herd member
29 Spy org.
30 Demand payment from
31 Singer Callas
32 Willow tree
33 Pottery fragment
35 Sci-fi computer
38 More condescending
39 Bunkhouse item
40 Orbit path
42 Kind of system
43 Cereal toppers
45 Urbana eleven
46 Fire irons
47 Circuit
49 "Me and Bobby -"
50 Cool and damp
51 Psychic's intro (2 wds.)
52 Sleep like __ __
54 Capp of the comics
55 Wyo. neighbor
56 Laird's attire
57 Was, to Ovid
58 Nevada town



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SUDOKU **LEVEL: EASY**

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				7		6		1

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

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S	I	R		K	I	L	N			G	I	V	E	N
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A	V	E	R	T			N	A	N	O		W	E	D
B	A	G	U	E	T	T	E	S		O	X	I	D	E
I	D	A		S	W	E	E	P		S	I	N	G	E
D	E	L		T	A	N	D	Y		E	I	G	E	R

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

SUDOKU SOLUTIONS: WWW.METRO.US/PUZZLES

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Nobody's a risk for this Patriots team

'Business as usual' means New England's locker room can absorb just about anyone Key to success here: Leave the personal issues at home

GETTY IMAGES

▶ Some teams might have worried about Chad Ochocinco's effect on locker room chemistry. No need for that in Foxborough.

You can talk all day about what's made the Patriots so successful over the last decade.

In the end, there isn't one right answer: There's a ton of them. And they aren't the same every year.

But there are a few constants: Robert Kraft, Bill Belichick, Tom Brady ... and the "business as usual" attitude.

What's that mean? It's simple. When players walk into Gillette Stadium, they're expected to leave personal issues behind. It's purely football and the team — and that's ingrained in each and every player's mind upon arrival.

Corey Dillon and Randy Moss worked out — for a while. As soon as Moss made it personal, he was out the door.

His head is probably still spinning.

Similar risks are being taken with Chad Ochocinco and Albert Haynesworth. Given the Pats' track record, is anyone really that worried?

Haynesworth's legal issues are in the past after Monday's "no contest" plea. Lo and behold, he practiced in pads with the team yesterday for the first time since Aug. 4.

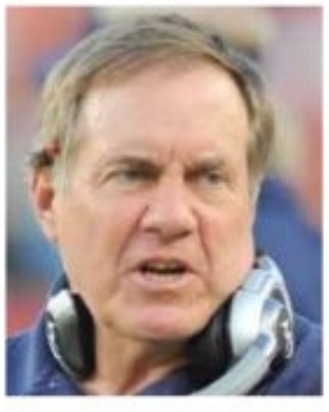
Likewise, Vince Wilfork doesn't intend to allow his involvement in the Miami booster scandal to become a distraction.

"I'm done with that situation, and I'm just focused on my football career," he said this week. "One thing I don't want to do is be a distraction to this team, to this organization. I won't be that. ... I've moved forward, definitely towards the Detroit Lions now."

If that isn't the Patriot way, it's hard to say what is.

"In this locker room, star power is kind of diffused a little bit," said tight end Garrett Mills, also a member of the squad in 2006. "And that's a good thing. That's one thing I appreciate about this organization. Everyone's in it to win."

Little to say



Bill Belichick was characteristically quiet about Albert Haynesworth's legal situation yesterday.

- "I mean, that's a personal matter so I don't really have any comment on it," the Patriots coach said.
- On possible NFL discipline for the hefty D-lineman: "Whatever the league does, they'll announce."

JIMMY TOSCANO
sports@metro.us

Belichick happy for long week

The NFL is just getting back from a very long, unwanted break.

That doesn't mean Bill Belichick and Patriots players are unhappy about the few extra rest days afforded by playing a Saturday game after a Thursday affair.

"We've got a lot of things to work on this week with the players," Belichick said, "so with the extra time hopefully we can accelerate our preparations for the start of the regular season in terms of situations." METRO

In college

Crist the QB for ND

Notre Dame football coach Brian Kelly has named Dayne Crist the Irish's starting quarterback for the season. Crist, who beat out Tommy Rees for the job, has struggled with injuries at ND. "He's the kind of guy I want to coach," said Kelly, an Everett native. METRO

In college

Summitt has early dementia

Pat Summitt has been diagnosed with early onset dementia, the legendary women's basketball coach confirmed this week.

Summitt, 59, said she plans to coach the Tennessee women's team as long as possible.

GETTY IMAGES

▶ Timmons

Steelers wrap up Timmons

The Steelers yesterday signed Lawrence Timmons to a six-year, $50 million deal that will keep the star linebacker in black and gold until 2016.

Timmons, 25, is one of the lynchpins of a defense that includes former NFL Defensive Players of the Year James Harrison and Troy Polamalu. He's renowned for his ability to cover wideouts. METRO

134 Timmons led the Steelers with 134 tackles last season. He also recorded three sacks, two picks and two fumble recoveries.

Reports: Fenway hockey sequel official on Friday

Vermont-UMass, UNH-Maine reportedly on tap for Jan. 7, 2012 Planned as a follow-up to 2010's event

A sequel to 2010's Hockey East games at Fenway Park will be officially announced at a press conference Friday, according to online reports yesterday.

The games, scheduled for Jan. 7, 2012, will pit Vermont against UMass and New Hampshire against Maine, according to USCHO.com, which cited unnamed sources.

This year's event will not be associated with the NHL's Winter Classic, like 2010's "Frozen Fenway" matchups between the BU and BC men and the UNH and Northeastern women. Nor, reportedly, will it be sponsored by Sun Life, which underwrote the original event.

The Terriers won the memorable men's game in 2010, 3-2. The Eagles nearly overcame BU's early 3-0 lead.

USCHO reported that the ice sheet will be used for festivities beyond the games, including a chance for city residents to once again skate at the famed ballpark. METRO

GETTY IMAGES

▶ BC players hit the ice for last year's Fenway Park game.

38K

The last Frozen Fenway games drew 38,472 fans, the biggest crowd ever for college hockey in the eastern U.S.

Red-hot Beckett tonight

Playing in Texas is never easy: The Red Sox had lost four straight there going into last night's late game.

But they have an ace up their sleeve tonight in Josh Beckett.

Beckett (10-5, 2.46) is scheduled to make his first start against the Rangers this year at 7:05 p.m. (ESPN2, NESN, WEEI). He's posted statistical quality starts in six of his last seven outings. METRO

▶ Beckett will square off against Texas lefty Matt Harrison.

Hamels lands on 15-day DL

Phillies lefty Cole Hamels landed on the 15-day DL with shoulder inflammation yesterday.

But he might not be out of action very long.

Hamels (13-7, 2.62 this year) was placed on the DL retroactive to Aug. 13. That means he's potentially available to start against Cincinnati on Monday.

Philadelphia called up infielder Pete Orr to fill Hamels' roster spot. METRO

Racer loses his license

NASCAR star Kyle Busch's driver's license has been suspended for 45 days after he was caught driving 128 mph in a 45 mph zone in May.

Busch was fined $1,000 and ordered to do community service. METRO

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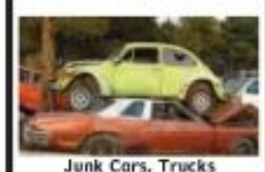

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This is the watch Stephen Hollingshead, Jr. was wearing when he encountered a drunk driver.
Time of death 6:55pm.

Friends Don't Let Friends Drive Drunk.

Photo by Mikhael Macrozo

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This old house/ this new condo

Rehabilitating old Boston homes reaps a sense of relief and satisfaction for both experienced and newbie renovators Once the drama is over, that is

Snapshot

On the market

This three-bed, three-and-a-half-bath, 2,512-square-foot triplex in Worcester Square includes a staircase that leads to a private roof deck, an open-plan kitchen and magnificent bathroom features such as a spacious double head shower. It is listed at $1.195 million.

Contact:
Nick Hanneman at Gibson Sotheby's International Realty
617-480-7775
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South End

▶ This is the view from the deck after Cote's rehabilitation mission was complete.

Whether you're a humble homeowner on a budget, or a seasoned property developer on a schedule, renovating old homes has one similarity: The project will undoubtedly take longer and be more expensive than you first imagined. But when it's finished and the house is singing with a renewed sense of purpose, the feeling of relief is mixed with one of immense satisfaction.

Commercial developer Tom Cote wouldn't have necessarily ripped the condo in an old South End brownstone apart to create his own fantasy home. It was always destined to be someone else's dream space. Nevertheless, Cote says the process and resulting emotions of relief and pleasure for are comparable.

"Every project is different," says Cote, who is president of North Atlantic Construction. "They never go as quickly as you'd like. It's one thing assessing what has to be done at the beginning, but the hidden extras are what hold things up."

That's especially true of old Boston houses, which haven't been renovated in decades. Cote admits that even as a professional contractor, this apartment, pictured here, which hadn't been touched since the early 1980s — "which means it looked 1970s," he laughs — caught him off-guard.

"I wasn't aware of some things going in," he says. "I admit I was blindsided because it was my first project like this, so I was a little excited."

That statement will sound very familiar to rehabbing homeowners, as will this concluding one.

"I learned a lot, and going forward these lessons will hopefully help me in the future."

Quoted

"It's one thing assessing what has to be done at the beginning, but the hidden extras are what hold things up."
TOM COTE

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The bachelorette pad

- Rent.com surveyed 1,000 single women across the country to find out what they're looking for in a home
- Not surprising: Safety outweighs closet space

Christina Aragon, director of Strategy and Consumer Insights at Rent.com, breaks down the Mars versus Venus of the home market.

1. What are single ladies looking for when they rent or buy a home?

According to our data, 72 percent of single women cited a safe neighborhood as their must-have feature, while 13 percent of single women told us their No. 1 requirement was enough closet and storage space. Another 8 percent wanted a spacious kitchen above all else.

2. Are single ladies more likely to buy or rent? Why?

According to our survey, 36 percent of single women rent their current homes, while 54 percent are homeowners and another 10 percent live with friends or family for free. The likelihood of a single woman being a homeowner versus a renter can be most highly correlated to age; the older the woman, the more likely she is to own the home.

Top five

Rent.com's cities preferred by bachelorettes.

1. Phoenix, Ariz.
2. Seattle, Wash.
3. Austin, Texas
4. Denver, Colo.
5. Washington, D.C.

3. What's the biggest difference between what a single man is looking for in a home versus a single woman?

We found it interesting that while 42 percent of single men wanted to have eligible bachelorettes as neighbors, only 14 percent of single females felt the same way toward their male counterparts. In terms of neighbor preferences, our survey found that single females preferred to have families with children (30 percent) or married couples without children (25 percent) close by. Furthermore, single women shared that they would even prefer to have people with pets as neighbors (24 percent), instead of having single men next door. METRO

▶ Single women don't really want to live next to single dudes.

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PRENUPS, CO-OWNERSHIP AND REAL ESTATE

By Attorney George Warshaw

"Honey, I love you, but would you mind signing this little piece of paper for me?"

Relationships don't always last forever, despite the best of intentions.

If you've been married before, broaching the subject of a pre-nuptial or a co-ownership agreement with a partner or future spouse is more the norm than the exception. It should not be overlooked in any relationship when planning for the future, especially if one person has real estate, substantial assets, or a prospective significant inheritance.

In the pre-nup or co-ownership agreements that I do for clients, I suggest a simple method of handling real estate. One way is this (and there are several other ways):

In the event of a divorce or separation, you get back what you put in to buy the property – or your present equity if you are contributing a property that you already own. Anything beyond that (i.e. increase in value), you split evenly or according to a fair formula that considers everyone's contributions, past and future.

What's most important in any relationship is often discussing future finances. A prenuptial or co-ownership agreement should just be one of the discussion points.

For more on this, please see the rest of this article at www.GeorgeintheMetro.com.

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GWA

Attorney George Warshaw represents buyers and sellers of homes, condos and investment properties, prepares wills and trusts for inheriting real estate, and trusts that protect your children and pets. George welcomes new clients and questions at metro@warshawlaw.com.

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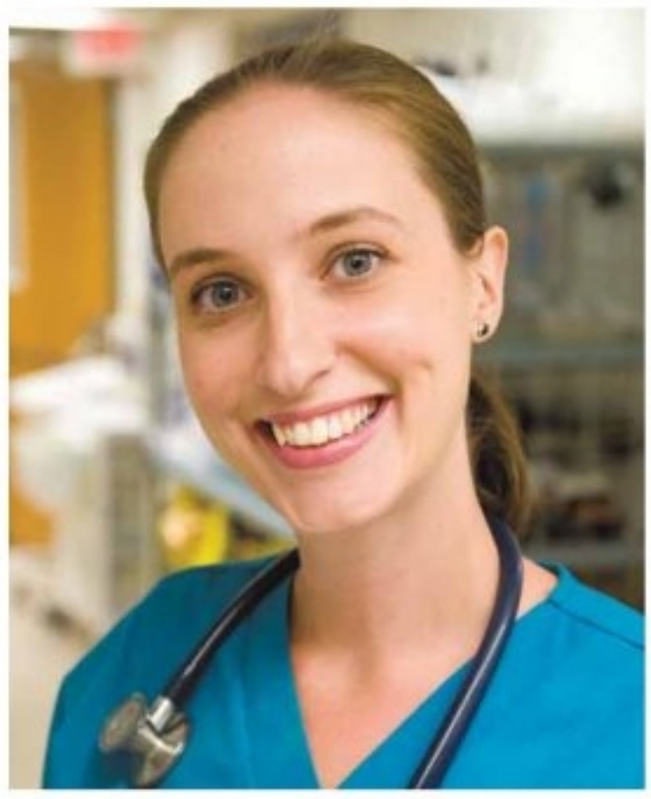

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